THE TRIAL OF

OFFICER FORCILLO

Metro explains • What this means for Toronto's police • Why the verdict went the way it did • What happens next

metroNEWS

Toronto metro

Pope pens book of answers (to kids' questions)

metroLIFE

Your essential daily news | TUESDAY, JANUARY 26, 2016

High 6°C/Low -2°C Showers

DREAMING OF DAYCARE

350 more subsidized spots are needed to make child care affordable, one councillor argues

metroNEWS

TORONTO'S DEADLY STREETS

City moves forward on road safety

Luke Simcoe
Metro | Toronto

The city has identified lower speed limits, redesigned intersections and more mid-block crossings as priorities in its revamped road safety plan.

Coun. Jaye Robinson and members of Toronto's traffic and transportation departments met with representatives from 24 different groups — ranging from Walk Toronto to Sunnybrook Hospital to the TTC — in a closed-door consultation Monday.

Robinson emerged with a renewed promise that the plan, expected to be ready for a preliminary look this spring, will focus on "the most vulnerable road users," including pedestrians, cyclists, seniors and schoolchildren.

"The thing we heard about most was urgency," the Ward 25 councillor said.

Last year was the deadliest year in more than a decade on city streets. Of the 64 people killed, 38 were pedestrians and four were cyclists.

So far this year, two pedestrians have been killed and one was seriously injured while crossing mid-block, leading Robinson to promise more crosswalks on major roads. "We want to zero in on that issue," she said.

Pedestrian and cycling advocates, meanwhile, left Monday's consult feeling "cautiously optimistic" and stressing the amount of political will necessary for the city to follow through.

"Making the city's streets safer isn't a technical or financial issue, it's political," said 8-80 Cities chair and sustainable transportation expert Gil Penalosa.

More coverage, page 4

ONE NATION ONE TEAM

A SEASON TO REMEMBER

TORONTO STAR
NOW AVAILABLE WHEREVER BOOKS ARE SOLD!
A SEASON TO REMEMBER
How Canada's Team Gave Us Our Best Summer in Twenty-Two Years

A team 22 years in the making.

What started as a baseball season like any other became the most thrilling sports story of 2015. In this special commemorative book, relive the entire spectacular 2015 run. Beautifully illustrated with action and candid photographs, and with exclusive content from the *Toronto Star*, this is

the must-have book for every fan.

Penguin Random House Canada

penguinrandomhouse.ca

STAR STORE.ca

TO ORDER, COMPLETE AND MAIL THIS COUPON TO: StarStore, One Yonge St., Toronto ON M5E 1E6
Attention: **A Season to Remember** – OR – Order online at **www.StarStore.ca**

Name .....
Address .....
Apt ..... City ..... Province .....
Postal Code ..... Telephone .....
Email address .....
Credit card ..... Expiry date .....

Please send me the following
(all prices include applicable taxes):

..... copies of **A Season to Remember**
@ $23.10 ea. = $.....
Please add $6.25 shipping = $.....
TOTAL = $.....

STAR STORE.ca

Make cheque or money order payable to StarStore. Please allow 3 weeks for delivery.

metro NEWS

Your essential daily news

Banksy takes a swipe at France's handling of migrant crisis. **World**

PROPANE PLANT

$5.3M fine for 2008 Sunrise explosion

A fiery August 2008 explosion at a Toronto propane plant that forced thousands out of their homes in the dead of night and claimed the life of an employee caused "unprecedented" devastation, an Ontario judge ruled in imposing $5.3 million in fines against the company and its directors.

Sunrise Propane, which is no longer in operation, has two years to pay $5.1 million, while its directors Shay Ben-Moshe and Valery Belahov have three years to each pay $100,000, Justice Leslie Chapin said Monday.

That the defendants behaved recklessly and were motivated by a desire to cut costs were among the aggravating factors, she said. THE CANADIAN PRESS

Who's the cutest of them all? TORONTO ZOO

TORONTO ZOO

Giant panda cubs up for big awards

The Toronto Zoo's giant panda cubs have found their way into an international competition.

The babies are vying for top dibs in the Panda Cub of the Year category of the Giant Panda Global Awards. Overall, the zoo is competing in five categories, including Panda Moment of the Year for the cubs' birth and Panda Keeper of the Year, which would go to Chen Min, the expert caring for the cubs.

Voting in the Giant Panda Global Awards runs through Feb. 3 at GiantPandaGlobal.com.

The cubs, meanwhile, turned 100 days old last week. They are the first giant panda cubs to be born in Canada.

GILBERT NGABO/METRO

Ensuring no refugee is lost in translation

VOLUNTEERS

Teacher from Aleppo using English skills to help others

Gilbert Ngabo
Metro | Toronto

Sevan Hallajian hasn't figured out how to navigate Toronto's transit system yet. But, she's figured out a way to help fellow Syrian refugees.

"Some of these people don't know any word in English," she said Monday afternoon as she sorted donations at Culture Link Toronto. "So I feel very happy that I am doing something to help. It gives me some purpose."

It's been just a little more than two weeks since Hallajian and her husband arrived in Toronto, among hundreds of Syrian refugees sponsored by private groups at the Armenian Community Centre.

Friends told her about Culture Link, a centre that's been gathering and distributing goods to Syrians since government-sponsored refugees started landing late last year, last week, and when she showed up looking for help, she ended up offering some as well.

It's the kind of spirit she's seen a lot of since arriving.

"I think it's a Canadian thing," she said. "Everyone wants to help you when they hear you're from Syria."

While volunteering at Culture Link Toronto has been fulfilling for Sevan Hallajian, she worries about the future and is anxious to find a stable job in Toronto. LIZ BEDDALL/METRO

The centre, meanwhile, is thankful to have her around as a volunteer.

"We've been overwhelmed by the influx of demand," said Fei Tang, program manager at Culture Link. "It is very inspiring to have people like Sevan to help."

Most of Hallajian's time at Culture Link is spent translating for other refugees who come in for help.

She studied English-Arabic translation and was working as a high school teacher in the Syrian city of Aleppo before war broke out.

Most of her family — including her brother and parents — stayed behind. Life in Aleppo, known as the epicentre of fighting, was "very difficult."

"It is four years of hell. No electricity, no water and no security all the time. Tough."

Get a Fresh Financial Start

Get Out of Debt Without Bankruptcy Without Loans

SPEAK TO THE Licensed Debt Professionals

FREE CALL 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy

www.DavidSklar.com

David Sklar, CPA, CA, CIRP, Trustee

Advocates pledge safer city

TORONTO'S DEADLY STREETS

Councillor says T.O. must be 'a leader' in reducing deaths

Luke Simcoe
Metro | Toronto

Coun. Jaye Robinson stood in front of an audience of 24 road-safety experts, activists and advocates Monday and pledged to make Toronto "a leader in reducing traffic deaths and injuries."

Robinson, the public face of the city's forthcoming road-safety plan, was speaking at a closed-door consultation between municipal staff and safer streets stakeholders.

Many in attendance applauded the city for listening to their concerns, but they acknowledged that for Toronto to be a leader, its elected officials will need to show leadership.

8-80 Cities chair Gil Penalosa, a driving force behind Open Streets T.O. and an expert in sustainable transportation, accused Toronto of being too "timid" on road issues. Local politicians, including Mayor John Tory, have been unwilling to put the needs of pedestrians and cyclists ahead of drivers, he said.

If Toronto was serious about road safety, Penalosa said, the city would immediately lower speed limits on all residential streets to 30 km/h, build a "minimum grid" of protected bike lanes and require all new developments to be evaluated through a pedestrian lens.

Robinson and the city's transportation manager, Stephen Buckley, have spoken about a "made in Toronto" road plan, but Penalosa said the city should benchmark its success against safety leaders like Copenhagen and Stockholm.

"It's easy to say we're better than Atlanta," he said. "But we should be comparing ourselves to the safest cities in the world."

Cycle Toronto director Jared Kolb said he was feeling "cautiously optimistic" after the meeting. The city "put forward a strong statement" in support of Vision Zero, he said, but he wants to see timelines and targets put in place to hold officials accountable.

"It's one thing to say we're going to eliminate road fatalities, but what does that look like six months from now, 10 years from now, 25 years from now?" he said. "There's a generation of changes to be made."

MEETING

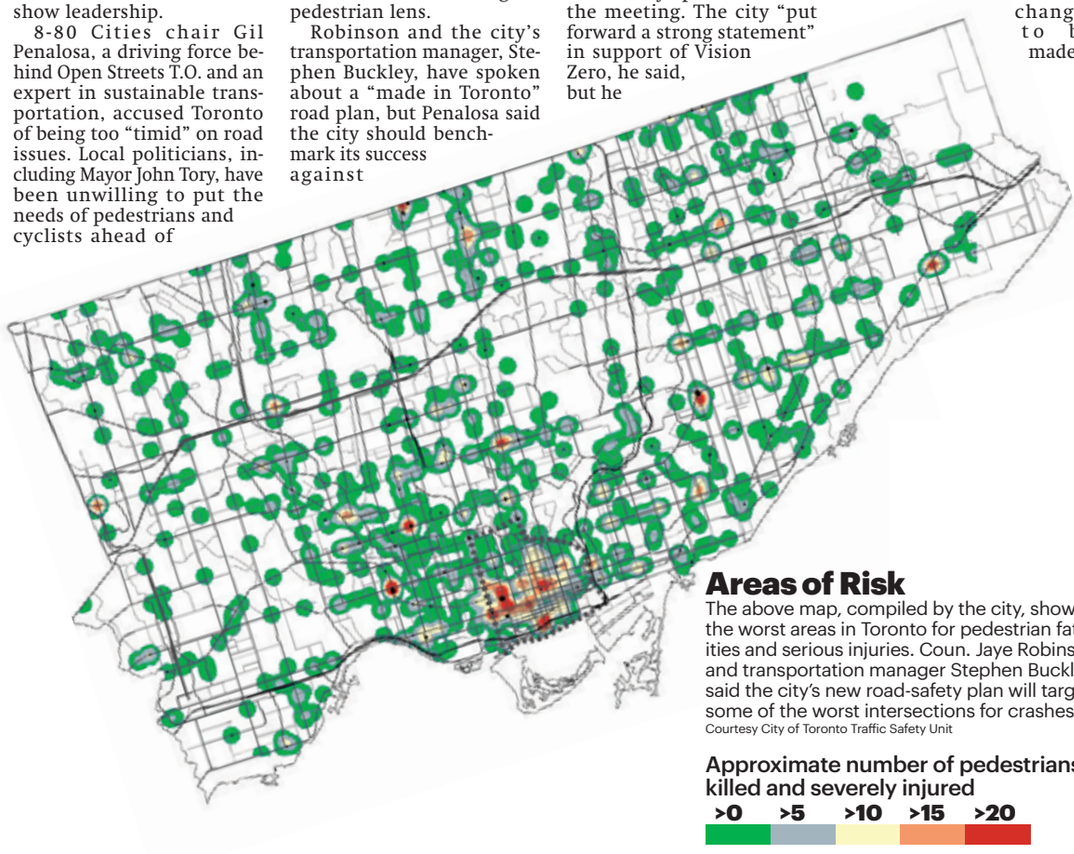
Open streets ... but closed doors

Although it pertained to a matter of public safety, Monday's meeting was not open to the public.

Members of both the media and the public were asked to leave after opening remarks from Coun. Jaye Robinson and transportation manager Stephen Buckley.

City meetings are typically held in camera only if officials are discussing confidential or private information.

Asked about the decision afterwards, Robinson said some of the deputants requested the private meeting so they could speak "openly and freely."



Areas of Risk

The above map, compiled by the city, shows the worst areas in Toronto for pedestrian fatalities and serious injuries. Coun. Jaye Robinson and transportation manager Stephen Buckley said the city's new road-safety plan will target some of the worst intersections for crashes.

Courtesy City of Toronto Traffic Safety Unit

Approximate number of pedestrians killed and severely injured

>0 >5 >10 >15 >20

COMMUNITY HOUSING

Shakeup needed, experts say

The expert group tasked by Mayor John Tory with improving Toronto Community Housing is recommending the biggest shakeup of the country's largest landlord in its history.

The result of 29 recommendations from the mayor's task force to be released Tuesday morning, and obtained by Torstar News Service, would see the creation of a new non-profit housing provider and put more emphasis on direct support for, and input from, tenants.

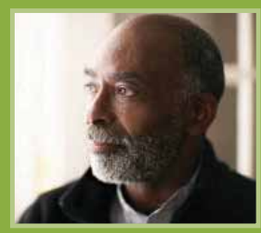
Responding to the current public-housing crisis that has seen a $2.6-billion repair backlog, lack of available units and turmoil at TCHC headquarters, the report called the organization "unsustainable financially, socially and with respect to operations and governance."

Tory is expected to welcome the changes as a more efficient and more responsive way to meet tenant needs at a press conference Tuesday.

The task force, led by Sen. Art Eggleton, identifies five areas for improvement, including: decentralization of management to put more staff on the front lines with tenants; increasing partnerships with external agencies to offer much-needed support for vulnerable residents; and creating a more sustainable way to operate public housing by raising funds through the creation of more affordable and market-rent units.

The city is expected to move quickly after the report is tabled at executive committee this Thursday, with an interim plan from the city in place by March or April. TORSTAR NEWS SERVICE

FREE Adult Classes



Reading • Writing • Math
Upgrade your skills for:
Employment • Apprenticeship • Education • Independence
Call us Today!
West 416-394-3809 | South/Central 416-393-1995 | East 416-396-6904
Operated by Toronto District School Board
Essential Skills Upgrading
www.upgrademyskills.ca
Funded by EMPLOYMENT ONTARIO

altima telecom
647-800-2222
Free installation & free rental modem
Unlimited High Speed Internet from $39.95/M
Unlimited Canada Wide Home Phone $4.95/M with Internet bundle
*Some conditions may apply.
www.altimatel.com
620 Alden Rd, Unit 208, Markham L3R 9R7

TTC to add express bus routes

Plans for more improvements not on mayor's funding list

Jessica Smith Cross
Metro | Toronto

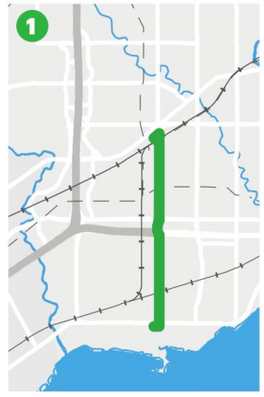
The TTC is moving ahead with new express bus routes in March as money to make them even better sits on the chopping block at city hall.

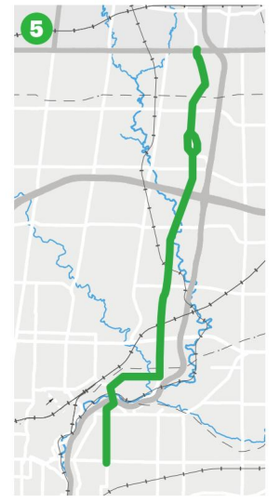
The five new routes will start by offering service during peak hours, which vary depending on the route. They're expected to attract 400,000 new customers to the TTC this year and cost $3.4 million annually.

The agency had planned to dedicate $1.6 million in its 2016 budget to expanding service to off-peak hours and launching additional express routes. The request was approved by the TTC board, but isn't on a list of projects Mayor John Tory and budget chief Gary Crawford have recommended for funding.

Chris Upfold, who oversees TTC customer service, remains hopeful councillors will see things differently. Along with getting people to their destination faster, the express routes will free up space on traditional buses, he said.

"This is about making sure all the things the city's trying to fulfill — from poverty reduction to sustainability to air-quality improvements to supporting the economy —are fulfilled," Upfold said. "You need transit to do all of these things."





COMING IN MARCH

1 188 Kipling South
Kipling Station
- Lake Shore

2 186 Wilson
York Mills Station
- Humber College

3 and **4 199B Finch**
Scarborough Centre Station
- York University

... and 199C Finch
Morningside Heights
- Finch Station

5 185 Don Mills
Pape Station
- Steeles Avenue

6 24E Victoria Park
Victoria Park Station
- Steeles Avenue

Life Insurance Tips:
Reasons to Buy Right Now

InsuranceHotline.com's life insurance buying tips shows why everyone should buy life insurance and why delaying can be a big mistake.

Young People Get Better Rates
The younger the person applying for a life insurance policy, the lower the rate they will qualify for. Insurance companies give the best life insurance rates to people who represent the lowest risk and that means people who are young and healthy. When taking out a permanent life insurance policy, those who are young can lock in a low premium and have coverage that will last a lifetime. Rates are better on term policies as well. Lower premiums are a good reason to buy now.

Protecting Loved Ones
For people with children, kids are the top reason to buy life insurance now. Raising children is expensive, and life insurance ensures that a sudden death does not force a change in lifestyle. It can keep the surviving family members in the home, pay for school and activities, and keep good food on the table. It means stability in an unstable time.

Health Changes Happen
Even a person who is healthy can be struck by an unexpected illness, and after that illness strikes it is harder to get affordable life insurance. Thinking that health problems are not going to happen until later in life can be a big mistake. Good health is a good reason to take out a policy now-healthy people get better rates, and a sudden change in health status can not affect the rate once the policy has been issued.

Everyone Has Final Expenses
Even those who have nothing else to plan for financially will still have final expenses, and those can be a major burden on grieving relatives. A life insurance policy takes that one burden away and allows your loved ones to move forward without the strain of more bills. No one wants to think about death, but it happens every day in unexpected ways. Life insurance provides for those left behind. It helps make a difficult time easier and is a good reason why everyone should have a policy. Take the time to obtain life insurance quotes and know your options today.

Get the coverage you need, at an affordable price.

InsuranceHotline.com

Life insurance is vital,
yet many Canadians do not have it.

Provide your family with financial security by getting life insurance.

ATTRACTIONS

Ball rolling on Toronto bid for Expo '25

Gilbert Ngabo
Metro | Toronto

Toronto is inching closer to bidding on the 2025 World Expo.

With the visit this week of the big boss at the Bureau International des Expositions, or BIE, hopes of hosting the world fair have never been higher.

"The momentum is really building up," said Claire Hopkinson, CEO of the Toronto Arts Council. "There has not been an expo in North America since 1986 (Vancouver). The appetite is there and many people really think it's ours to lose."

BIE's secretary general Vicente Gonzalez Loscertales is in Toronto this week, at the invitation of Mayor John Tory. He spoke to the Toronto Regional Board of Trade and is scheduled to meet many other city officials as well as tour the Pan Am Games athletes' village and the Toronto Port Lands, a potential expo site.

His visit doesn't indicate approval, but points to a growing interest in hosting and is a key part in the process to review the prerequisites for an application.

Hopkinson sits on the steering committee that's been working for three years on a Toronto bid. The committee includes members of Toronto business, corporate, tourism, investment, transportation, social and cultural communities.

WHAT IS IT?

Also known as the World Fair, the expo is a wide-ranging public exhibition bringing countries together over a six-month period.

Expos are organized every five years, around a common theme, with the focus on uniting people and instilling pride. Milan hosted in 2015.

Supercharge your savings.

Accelerate your savings with 1.75%* interest on new deposits into select accounts for a limited time.

Talk to an advisor today.
cibc.com/savings • at a branch • 1 888 490-2422

#FitsYourLife

Banking that fits your life.

CIBC

*Combined bonus and regular annual interest rate paid on net new deposits made to a CIBC eAdvantage® Savings Account ("eSA"), CIBC TFSA Tax Advantage Savings Account® and/or CIBC RRSP Daily Interest Savings Account. Bonus and/or regular rates may change at any time without notice. All interest rates are calculated daily and paid monthly; however, on the eSA, regular interest is earned only on days when the account's closing balance is $5,000 or more. Bonus interest on the eSA is earned until Feb 29/16 and only on days when net new deposits exceed the closing balance as of Oct 30/15. Bonus interest on the other accounts is earned until Mar 31/16 and only on days when net new deposits exceed the closing balance as of Nov 1/15. Other conditions apply. ®Registered trademark of CIBC. CIBC Cube Design & "Banking that fits your life." are trademarks of CIBC.

Single mom Sammantha Hosam holds her daughter Mila, seven months. CHRIS SO/TORSTAR NEWS SERVICE

Affordable daycare in short supply

SOCIAL SERVICES

City needs at least 350 more licensed spots: Councillor

Toronto will never become a fairer and more prosperous city unless it acts now to increase access to affordable child care, says Councillor Janet Davis.

With Toronto adding 1,400 new licensed child-care spaces to existing programs and new centres over the next two years, Davis says the city must also add more subsidies to ensure low-income families can find a spot they can afford.

She figures at least 350 more subsidies are needed in 2016 for the system to remain accessible to the city's poor.

The city's budget review committee is seeking an additional $28.8 million for new programs and expanded services in the proposed $10-billion budget for 2016, including 24-hour warming centres for the homeless and secure door systems for public housing. But there is no new money for daycare subsidies.

"We know that fee subsidies and other funding is desperately needed to pay the highest child care fees in the country," said Davis. A recent study put the median monthly cost of a licensed spot for an infant in Toronto at about $1,736.

"Thousands of parents need child care to go to work or school and find a way out of poverty," said Davis (Ward 31 Beaches-East York.) "A poverty reduction strategy without added child-care subsidies is not a strategy that will help parents get on their feet and on their way to financial independence."

Davis will be making her plea at the city's final budget review committee meeting Tuesday. The budget goes to the city's executive committee Feb. 9 and is expected to be approved by council Feb. 17 and 18.

Toronto daycare worker Sammantha Hosam's seven-month-old daughter Mila is one of more than 11,500 children on Toronto's daycare subsidy waiting list.

Before she went on maternity leave, Hosam, 28, was working six hours a day and studying for her diploma in early childhood education. She is due to return to work in May. But without a daycare subsidy, both her income and her career aspirations will go down the drain.

"There is no way I can pay for daycare without a subsidy," says the single mother who is living with family for support. "If I don't get one, I'll have to quit my job and probably my studies, too."

TORSTAR NEWS SERVICE

$1,736

Median monthly cost of a licensed daycare spot for an infant in Toronto.

Mixed verdicts for Forcillo

COURTS

Officer guilty of attempted murder of Sammy Yatim

At the first "not guilty," the packed courtroom exhaled as one. At the second "not guilty," the gasp was louder.

At "guilty," murmuring began openly through the courtroom, from plainclothes police officers to supporters of the late Sammy Yatim's family to the media, lawyers, court staff and other observers filling every available seat.

Through it all, Const. James Forcillo remained frozen in place, his solemn face reddening slightly as he was acquitted of second-degree murder, then manslaughter but found guilty of the attempted murder of 18-year-old Sammy Yatim. His wife moved to stand with him as soon as she was allowed.

The verdicts, delivered after 35 hours of deliberations, means that Forcillo shooting the 18-year-old Yatim three times — fatally in the heart — is not a criminal act.

Whether they found it was reasonable and necessary for an officer to shoot Yatim — who held a small switchblade and who Forcillo claimed was acting aggressively — or that Forcillo acted in self-defence because Yatim was a threat, or were left in reasonable doubt, will never be known. Jury deliberations must remain secret by law.

However, they clearly found that the second volley of shots fired five-and-a-half seconds later was neither justifiable nor in self-defence. The finding of guilt suggests the jury felt Yatim was no longer a threat when Forcillo fired six times, striking him five times in his paralyzed body but not causing the fatal injuries that led to his death, possibly before he was Tasered by another officer.

It also may mean the jury did not believe Forcillo mistakenly saw Yatim sit up to a 45-degree angle about to "renew his attack" as he claimed on the stand and in a bizarre video recreation.

Or, that even if he was mistaken, he still did not have reasonable grounds to shoot Yatim and that there were other alternatives available to him.

It remains unclear, given the acquittal on the second-degree murder charge, what motive, if any, they established for Forcillo firing the second round of shots.

Above: Const. James Forcillo leaves court on Monday. **Right:** Yatim holds a knife on a streetcar in this still taken from surveillance video. NATHAN DENETTE/THE CANADIAN PRESS; ONTARIO SUPERIOR COURT OF JUSTICE/THE CANADIAN PRESS

The defence characterized the verdicts as a "compromise" but repeatedly said this is just Phase 1. Over two weeks in May set for a sentencing hearing, the defence will bring an abuse-of-process application to have the charges stayed. TORSTAR NEWS SERVICE

EXPLAINED

Why Forcillo was found guilty of attempted murder, not murder

Const. James Forcillo was initially charged with second-degree murder. But, before trial, the Crown added the charge of attempted murder — a move that baffled many legal experts.

In the end, the jury found Forcillo not guilty of second-degree murder (and not guilty of the lesser charge of manslaughter) for firing three shots at Sammy Yatim as the teenager held a knife on a Dundas West streetcar. The jury accepted the defence's argument that Forcillo's first three shots were justified.

However, Forcillo paused after firing those three shots and — as Yatim lay on the streetcar floor mortally wounded — fired six more times, with five bullets hitting Yatim's body.

For those six shots, Forcillo was found guilty of attempted murder. It's attempted murder because the first volley of shots was already lethal so the second round wasn't.

METRO

POLICE SERVICES

Chief to review training

Jessica Smith Cross
Metro | Toronto

Police Chief Mark Saunders is promising to review how officers are trained to deal with people experiencing an emotional or mental-health crisis.

"We need to look at our training a lot better; we need to look at better solutions," Saunders said Monday.

The promise came after a jury found Const. James Forcillo guilty of attempted murder in the July 2013 death of 18-year-old Sammy Yatim. During Forcillo's trial, jurors heard that Yatim had taken ecstasy and was behaving oddly before exposing himself and brandishing a knife on a streetcar.

Saunders said the force will improve training around de-escalation and using "less-lethal" force, such as using "sock guns" — shotguns that fire beanbag-like rounds instead of bullets.

The chief wouldn't comment on Forcillo's actions or the trial or criticize current training, which he described as "very good."

"Can we make it better? Absolutely. Are we taking steps to make it better? Absolutely," he said.

The call for better training didn't only come from the police themselves.

Sahar Bahadi, Yatim's mother, said she wants to become "part of the discussion" that leads to new policies for dealing with people in crisis.

Her goal is to make sure "this painful incident does not repeat itself."

The decision is in — here is what happens next

The abuse of process motion:

Starting May 16, a two-week hearing will be held. The defence will first argue the charges be stayed as an abuse of process.

Why pursue abuse of process?

"(Forcillo) substantially followed his training; that training was provided to him by the state; therefore the state should be disentitled to a conviction because they ... provided the training to him," lawyer Peter Brauti said.

At the sentencing hearing:

Should that motion be denied, the defence will argue the mandatory minimum sentence for attempted murder with a restricted firearm — five years in prison — should be found unconstitutional. The Crown and defence will also suggest an appropriate sentence for Forcillo.

What is the argument for ruling it unconstitutional?

"Generally when you think of attempted murder with a firearm, it is not in the context of somebody attempting to enforce the law and making a mistake, and it's not in the context of firing at someone who has already been fatally injured," said Brauti.

Immediate impact on Forcillo:

Police Chief Mike Saunders confirmed Forcillo will be suspended with pay as a result of the guilty verdict under the force's bylaws but that further action would only be determined after sentencing.

Forcillo's bail conditions:

Forcillo remains on bail pending sentencing and his other motions. If he is sentenced, it is expected he would appeal and could remain on bail during the appeal stage.

TORSTAR NEWS SERVICE

IT'S ALL ABOUT THE INGREDIENTS

THE TOMATOES IN OUR SAUCE ARE VINE-RIPENED IN CALIFORNIA, WHERE THEY ARE PICKED AND PACKED WITHIN 6 HOURS.

THE PURO PROMISE

GMO FREE

ORDER ONLINE PIZZANOVA.COM

ORDER FROM THE APP

WITHIN THE GTA 416 439-0000

OUTSIDE THE GTA 310-33-00

USE LOCAL AREA CODE WHERE NECESSARY

Pizza Pollo

PIZZA NOVA®

LA LOCHE

Bullying provoked shooting: Friend

If being bullied and teased about his big ears bothered him, he didn't let on, said those close to the 17-year-old suspect in a deadly shooting spree in northern Saskatchewan.

The teen, who can't be named under the Youth Criminal Justice Act, appeared in court Monday and is accused of orchestrating the school shooting, one of the deadliest in Canada's history, at La Loche Community School last Friday.

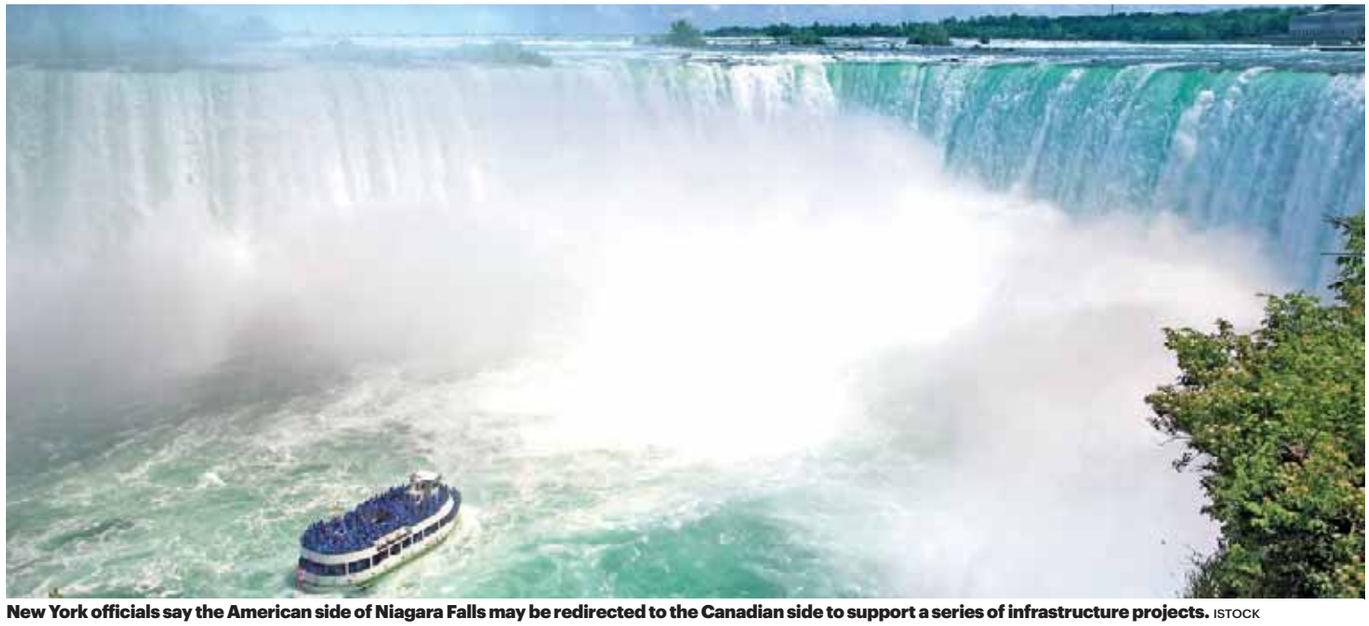
Childhood friend Emilio Montgrand, 25, said the alleged shooter was teased about his appearance, especially his big ears. Despite their age difference, Montgrand said the two were close. "I do blame the bullying," Montgrand said.

The tall, thin 17-year-old wore an orange jumpsuit and had his legs and hands shackled as he was brought into a packed courtroom in Meadow Lake, a community about 350 kilometres south of La Loche.

Outside court, lawyer Ian Mokuruk said he was contacted on the weekend to represent the accused. Asked about how his client was doing, he said: "He's upset. Much like his demeanour in court, he was not at all happy, which is understandable. It's a very tragic situation."

The suspect is charged with four counts of first-degree murder and seven counts of attempted murder. He is to be held in custody until his next court appearance Feb. 22.

TORSTAR NEWS SERVICE



New York officials say the American side of Niagara Falls may be redirected to the Canadian side to support a series of infrastructure projects. ISTOCK

U.S. considers turning off falls

NIAGARA RIVER

Water would be directed to Canada during bridge repairs

The American side of Niagara Falls may temporarily turn into a rock patch.

New York State officials are planning a public hearing on Wednesday to discuss whether to turn off the taps on their side of the waterway while replacing 115-year-old bridges.

To do this, they might stem the flow on the American side of the falls while redirecting Niagara River water to the Canadian side.

"We would divert," Randy Simons, of the New York State Parks, Recreation & Historic Preservation, said in a telephone interview. "The water would go over the Canadian side."

Whatever happens on Wednesday, the public won't see rocks instead of water on the American side of the iconic falls for several years, Simons said.

"You're looking at at least three, five, seven years," Simons said. "We don't have any funding on this."

It would take federal funding to support the project, expected to cost tens of millions of dollars, Simons said.

The agenda for the Wednesday meeting includes the presentation of three proposals, two of which call for "de-watering" of the falls, Simons said.

One of the "de-watering" proposals involves shutting the American falls down for five months and the other for seven months, Simons said.

TORSTAR NEWS SERVICE WITH FILES FROM THE ASSOCIATED PRESS

The U.S. falls have been reduced to a trickle before. In 1969 engineers checked on erosion, and removed loose rock to strengthen faults in the foundation. NIAGARAFALLSLIVE.COM

IN BRIEF

British explorer dies on Antarctic trek
A British adventurer attempting to become the first person to cross the Antarctic alone and unsupported has died after collapsing from exhaustion within miles of his goal.

Former army officer Henry Worsley was just 48 kilometres from the end of the almost 1,600-kilometre trek. His family said Monday that Worsley, 55, died "following complete organ failure" at a hospital in Punta Arenas, Chile. THE ASSOCIATED PRESS

U.K. company criticized for migrant wristband policy
A private company that required asylum-seekers to wear red wristbands says it has dropped the practice after facing heavy criticism. A statement from Clearsprings Ready Homes said it decided to end the practice Monday. The policy had come under fire from legislators who warned it singled migrants out. THE ASSOCIATED PRESS

Planned Parenthood absolved of wrongdoing
A Houston grand jury investigating undercover footage of Planned Parenthood found no wrongdoing Monday by the abortion provider but indicted anti-abortion activists involved in making the videos that provoked outrage among Republican leaders. THE ASSOCIATED PRESS

Cameroon: Four suicide attackers kill 35 people
Four suicide bombers attacked a market and town on Monday in Cameroon's Far North region near the border with Nigeria, killing at least 35 people. Cameroon officials blamed the extremist group Boko Haram. THE ASSOCIATED PRESS

WALLY SANTANA/THE ASSOCIATED PRESS

AFP/GETTY IMAGES

Japan

JIJI PRESS/AFP/GETTY IMAGES

East Asian cold snap blamed for 65 deaths

WEATHER

Countries see coldest days, heaviest snow in 50 years

Unusually cold weather in eastern Asia has been blamed for more than 65 deaths and brought the first snow to a subtropical city in southern China in almost 50 years. Here is a look at the worst cold weather to hit the region in years:

TAIWAN
Temperatures in Taiwan's capital of Taipei plunged to a 16-year low of 4 C, killing 57 mostly elderly people, according to government officials.

Most homes in subtropical Taiwan lack central heating, and the cold caused heart trouble and breathing problems for many of the victims, a city official said.

MAINLAND CHINA
Most parts of mainland China experienced their coldest weather in decades over the weekend. The southern city of Guangzhou, which has a humid subtropical climate, saw snow on Sunday for the first time since 1967.

Temperatures fell 8 to 16 degrees from Thursday to Sunday in parts of north China, and temperatures in central and eastern China were 6 to 8 degrees lower than average, news agency Xinhua said.

The National Meteorological Bureau forecast that temperatures would drop another 3-8 degrees on Monday.

JAPAN
Heavy snow in western and central Japan left five people dead over the weekend and possibly a sixth on Monday.

Kyodo News service said the victims included a woman who fell from a roof while removing snow, a man in a weather-related traffic accident, another man found under a snowplow and a couple that fell into an irrigation channel. The heavy snow stranded motorists, delayed bullet-train service and caused flight cancellations.

SOUTH KOREA
Temperatures in the capital Seoul fell to -18 C on Sunday, the lowest since 2001. On Saturday, Jeju Island received 12 centimetres of snow, the heaviest since 1984, forcing the airport to close.

The shutdown stranded 86,000 people, mostly tourists, on the island and forced the cancellations of about 1,100 flights, according to the Transport Ministry and airport officials. THE ASSOCIATED PRESS

REFUGEE CRISIS

Banksy critiques France

British graffiti artist Banksy is tackling the refugee crisis once again, with a new mural criticizing the use of tear gas against migrants in "The Jungle" camp in Calais, France.

In the new piece, Banksy depicts the young girl from the play Les Misérables with tears in her eyes as plumes of tear gas rise up from a canister beneath her. A ripped French flag is also painted behind her. The image appeared opposite the French embassy in Knightsbridge, London, overnight on Saturday, The Guardian reported.

It is the first time Banksy has made an interactive mural.

When passersby hold their phones over a QR code beneath the image, they are directed to a YouTube video of a nighttime raid on the Calais camp on Jan. 5.

Workers boarded up the mural, but the boards were removed shortly thereafter, the BBC reported. The mural has been damaged after attempts have been made to take it down.

This isn't the first time Banksy has tackled the refugee crisis.

In December, the artist depicted Apple founder Steve Jobs in a mural at the Calais camp itself. The image shows Jobs carrying a garbage bag over his shoulder and an early Apple computer. TORSTAR NEWS SERVICE

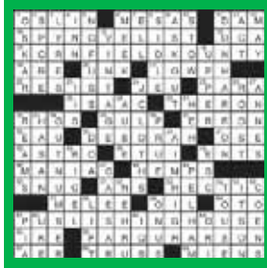
A new Banksy artwork displayed opposite the French embassy on Monday in London, England. GETTY IMAGES

your city just got shoppable.

urban swag for the new metropolitan

mymetrostore.ca
shop your city

PLAY Yesterday's Answers
from your daily crossword and Sudoku



9	8	2	4	6	3	1	5	7
4	1	5	8	7	2	9	3	6
3	6	7	9	5	1	4	2	8
5	4	9	3	1	6	8	7	2
2	3	8	7	9	4	6	1	5
1	7	6	5	2	8	3	9	4
7	5	1	6	4	9	2	8	3
6	9	3	2	8	7	5	4	1
8	2	4	1	3	5	7	6	9

for more fun and games go to metronews.ca/games

LIFE INSURANCE
MORTGAGE INSURANCE

Do you have Mortgage Insurance or Line of Credit Insurance with a BANK?
COMPARE & SAVE UP TO 50% ... LOWEST RATES GUARANTEED!
Monthly Premium for a 10 year Term (Renewable & Convertible) Preferred Plus Non Smoker

Age	$100,000		$250,000		$500,000	
	Male	Female	Male	Female	Male	Female
30	$10	$ 8	$12	$10	$19	$15
40	$11	$9	$15	$13	$23	$19
45	$14	$10	$23	$16	$33	$23
50	$18	$14	$32	$23	$53	$37
65	$68	$45	$146	$96	$281	$183

Also available: Life Insurance without medicals!
Other Plans: Term 20, 25, 30, Term 100, Whole Life, Universal Life, Critical Illness and Disability Insurance, Health & Dental, Visitor's Plans, RRSP and RESP
Brokers representing Manulife, BMO, RBC, Canada Life, Industrial Alliance, Foresters, Canada Protection Plan, Empire Life, Desjardins ...

Pls. Call: Guilroy or Rahul (Henriques Financial Inc.)
Tel: 416-898-8889 / 905-282-0800 (24/7)
Email: henriquesfinancial@rogers.com Website: www.henriquesfinancial.com

Canada to sign treaty

TRANS-PACIFIC PARTNERSHIP

Too soon to close door on deal: Freeland

Chrystia Freeland.
THE CANADIAN PRESS

The federal government has confirmed that it intends to sign the controversial Trans-Pacific Partnership trade deal at a meeting on Feb. 4 in New Zealand.

But when it comes to ratification of the 12-country treaty, the Liberals are still perched squarely atop the fence.

"Just as it is too soon to endorse the TPP, it is also too soon to close the door," International Trade Minister Chrystia Freeland wrote Monday in an open letter posted on her department's website.

"Signing does not equal ratifying.... Signing is simply a technical step in the process, allowing the TPP text to be tabled in Parliament for consideration and debate before any final decision is made."

Only a majority vote in the House of Commons would ensure that Canada seals the deal, she added. She has also requested a thorough, transparent study of the agreement by parliamentary committee.

Freeland said each country has up to two years to consider ratification before making a final decision. She pointed out that by signing the deal Canada will keep its status as a potential full partner in the agreement.

Trade ministers from the TPP's partner countries have been invited to sign the deal on Feb. 4 in Auckland.

THE CANADIAN PRESS

SUPER BOWL RESIDENTS CHARGE SKY-HIGH RENTS Therese Lehane, playing with her dog outside her house in San Jose, Calif., is renting out two of her rooms to Super Bowl news crews. In the San Francisco Bay Area, where high rents are legend, residents looking to make a quick buck are offering their homes at super-sized prices to the one million visitors expected for the Super Bowl festivities. A luxury 8,500-square-foot home is listed for $10,000 US a night, while a 400-square-foot cottage is going for $3,900 US for the three-night weekend. A four-bedroom apartment near "Super Bowl City" is listed at $1,495 US a night, with a minimum six night stay. And a treehouse for two in a 150-year-old oak tree a half hour drive from downtown is going for $495 US a night. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

IN BRIEF

Walmart ending free bags
Beginning Feb. 9, Walmart Canada will charge five cents for plastic bags as part of its strategy to cut the amount of plastic that ends up in landfills. Reusable bags will be available for a discounted rate of 25 cents each.
THE CANADIAN PRESS

Medical pot prices cut
Licensed marijuana producer Bedrocan is slashing the price of its medical cannabis strains from $7.50 to $5 a gram, citing a desire to make medicine more affordable.
THE CANADIAN PRESS

market minute

DOLLAR 70.08¢ (–0.59¢)
TSX 12,143.16 (–246.42)
OIL $30.34 US (–$1.85)
GOLD $1,105.30 US (+$9)

NATURAL GAS: $2.155 US (+1.4¢)
DOW JONES: 15,885.22 (– 208.29)

"My MBA specialization in Strategic Management at Schulich gave me real-world learning and analytic tools to start my career."

Gwendolyn Chen Wang (MBA '14), USA Market Development, Air Canada

Learn about how Canada's preeminent MBA program at our next Program Information Session.

Wednesday, January 27th, 6:00 – 7:00 pm

Miles S. Nadal Management Centre
Suite 500, Ernst and Young Tower, 222 Bay Street, Toronto

Register at: **schulich.yorku.ca/infosessions**

Schulich School of Business | 50
BUSINESS EDUCATION TRANSFORMED

Canada's Top-Ranked Business School
Schulich MBA – #1 IN CANADA *(The Economist, Forbes, CNN Expansión)* **#1 IN THE WORLD** *(Corporate Knights)*
Kellogg-Schulich Executive MBA – #1 IN CANADA *(Financial Times, The Economist)*
Global Reach. Innovative Programs. Diverse Perspectives.

Schulich School of Business | YORK UNIVERSITY

metro VIEWS
Your essential daily news
Tuesday, January 26, 2016

THE BIG THING: MEDIA MELTDOWN

A trickle of job losses in Canadian news media became a gush this month as Postmedia, Torstar and now Rogers Media are together showing hundreds of employees the door. Meanwhile, serious labour strife has broken out at the Halifax Chronicle Herald, and some of the country's oldest daily newspapers are being tossed onto doorsteps, in print form, for the very last time. What's the scoop on the media's troubles?

NEED-TO-KNOW NUMBERS

Rogers Media revealed Monday it's nixing 200 jobs in publishing, broadcasting and administration, though exactly who's getting the axe hasn't been announced yet.
Metroland Media announced Monday the Guelph Mercury will close its print edition and let go of 23 full-time and three part-time employees. The Toronto Star announced plans in January to consolidate its printing in one plant; cutting 300 jobs, including 13 editorial positions. (Metroland, like Metro News, is part of Torstar).
Postmedia said goodbye to 90 employees last week and merged the staff of its formerly competing Sun and Postmedia newspapers in Edmonton, Ottawa, Vancouver and Calgary.
La Presse, a major French-language daily, shut its weekday print edition in December, making 158 employees redundant.
Bell Media laid off 380 employees in November, most of whom worked in media production and editorial roles.

What's old is news again

Much has been made of Postmedia's plans to merge daily paper operations in major cities. But the industry has gone through periods of consolidation before — throughout the 19th and 20th centuries, in fact. Have you ever noticed how many newspapers have double-barrelled names? The Saskatoon Daily Star and The Daily Phoenix became the Saskatoon StarPhoenix in 1928. The Toronto Mail and Toronto Empire became the Mail and Empire in 1895, and in 1936 merged with the Globe, creating today's Globe and Mail. There are similar stories about the Times Colonist in Victoria (merged in 1980), the Halifax Chronicle Herald (1949), and maybe your hometown paper, too.

THE BIG NUMBER

$650M

The problems at Postmedia, Canada's largest newspaper chain, can be summed up in one word: debt. Last week's cuts were just one part of a plan to shave $80 million from the company's costs by the middle of next year — and even that won't get it back into the black. It owes more than half a billion dollars. The interest payments alone are about $60 million per year, much of it going to American hedge funds that own part of the company. Moody's Investors Service downgraded its debt rating for Postmedia this week, saying its purchase of Sun Media last spring had a worse than expected impact on the books. Moody's also expressed doubt that Postmedia would be able to refinance its debt before it comes due in 2017 and 2018. SOURCE: REPORT ON BUSINESS

Cause of the crisis

Perhaps surprisingly, the average time Canadians spend reading the newspaper has stayed almost the same since 2000, at around three hours per week, according to the Interactive Advertising Bureau of Canada. And 70 per cent of us were still staining our fingers with newsprint on a regular basis in 2013, says a PricewaterhouseCoopers report. It's the advertisers, more so than readers, who have fled to the web. PwC analysts expect print advertising revenue in Canada to decline from $2.7 billion in 2008 to $1.7 billion by 2017— a billion-dollar loss. Where is that money going? Facebook and Google together hold more than 55 per cent of the U.S. mobile advertising market; where the growth in the industry is. It's likely the picture in Canada is similar.
SOURCE: REPORT ON BUSINESS

ROSEMARY WESTWOOD

metroview

Twitter is not the digital equivalent of the public park

Twitter is no walk in the park.

Not figuratively, for the many women subject to a regular dose of rape and death threats — but not literally, either.

It's not the digital equivalent of the public park, or public sphere, as has been suggested by pundits analyzing the not-guilty verdict handed down Friday in the country's first-known Twitter harassment case.

Far from being the wild west or the great wide open, Twitter is a private company, operating for profits. And anyone lauding the Twitter verdict as a victory for freedom of speech should expect those celebrations to be short-lived.

Because, on Twitter, exactly the kind of freedom of speech protected by the verdict is bad for business.

The background: Gregory Alan Elliott had been charged with criminal harassment after he sent numerous tweets to and about two women in 2012. The women testified that they feared for their safety. Judge Brent Knazan believed the women were harassed, and that they did fear for their safety, but he found that fear was not reasonable or proved beyond a reasonable doubt.

But Elliott, who boasted after the verdict that his tweets were "within the law," should note that his actions violate Twitter's own harassment policy. The company is setting the bar much lower than the courts, in an attempt to fight abuse of exactly the kind he spewed.

Last year, Twitter's then-CEO admitted that "We suck at dealing with abuse and trolls on the platform, and we've sucked at it for years."

Twitter has since been making efforts to change that, and last month it released yet another update to its rules. Those changes include making it easier for users to report abuse, and for Twitter to lock accounts and force offensive tweeters to delete their comments.

But even so, the company is walking a fine line. Trolls are bad PR and a bad user experience, but many users demand Twitter uphold principles of free speech, even though, unlike Judge Knazan, it's under no legal obligation to do so. Hence the site's somewhat self-negating claim that its "taken several steps to fight abuse in order to protect freedom of expression."

But Twitter won't be able to have its cake and eat it, too. Now that we know the courts aren't the place to police Twitter harassment, it's even more obvious that job falls to Twitter — which, after all, runs the place.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank
VICE PRESIDENT & EDITOR
Cathrin Bradbury
VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA
Greg Lutes
MANAGING EDITOR TORONTO
Angela Mullins
ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE

Your essential daily news

Fey, Poehler to present Carol Burnett with SAG's Life Achievement Award Saturday

Stepping back from the abyss

MENTAL HEALTH

Author shares his hard-won wisdom of how to defeat depression

Henrietta Walmark
Metro | Canada

When Matt Haig was 24, he walked to the edge of a cliff, ready to step off and end his life. He had fallen into his first depressive state and very nearly committed suicide. Haig's memoir, Reasons to Stay Alive (HarperCollins, $19.99), is rooted in that moment and the yearlong breakdown that followed.

A decade and a half later, the bestselling author of The Radleys and The Humans admits he was initially reluctant to share his history of depression and anxiety. "I was someone who hid behind the relative security of fiction, who was the sort of writer who explored things in an abstract or indirect way," Haig, now 40, says during a phone interview from England. "For various reasons I was worried about putting pen to paper about this."

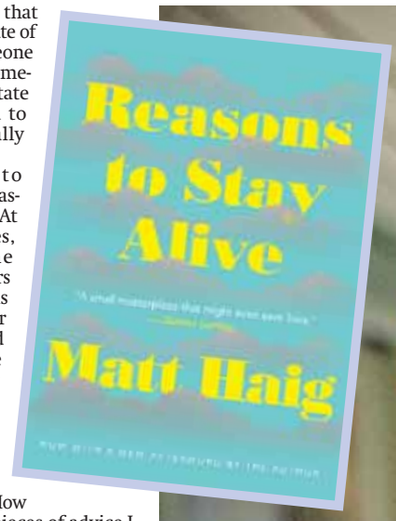
Haig needn't have worried. Although the book was released in Canada just last week, Reasons to Stay Alive launched a year ago in Britain where it became a Sunday Times bestseller and was lauded by Stephen Fry, Jeanette Winterson and Michael Palin.

While the narrative thread of the book follows how Haig triumphed over his illness, Reasons to Stay Alive takes on a somewhat unconventional form. "Even as I was writing it, I was trying work out what the book was," Haig says. "I ignored thinking in terms of writing an academic book or a straightforward memoir or a straightforward self-help book."

All Haig cared about as he was writing, he says, was how to engage someone's attention. "I wanted to make a difference to someone in that [depressive] state of mind, or someone who knows somebody in that state of mind, and to try and actually help them."

Reasons to Stay Alive is easily accessible. At just 200 pages, some of the book's chapters are as short as a single page or are comprised of lists like Things people say to depressives that they don't say in other life-threatening situations, or How to live (forty pieces of advice I feel to be helpful but which I don't always follow).

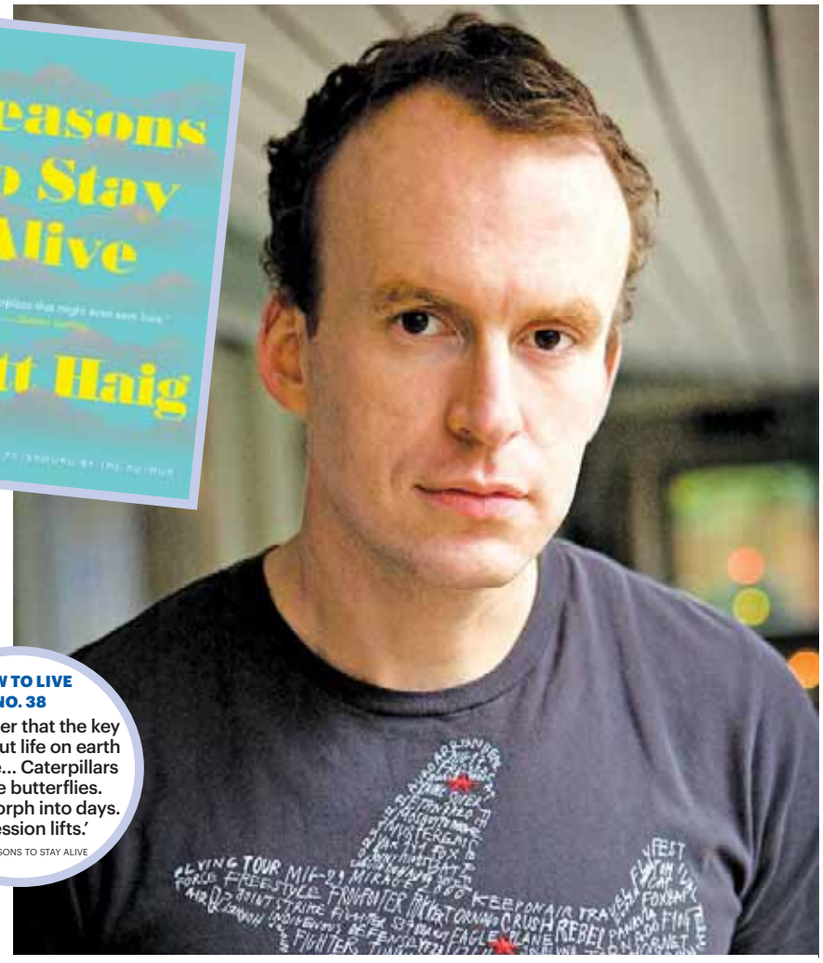
When asked what single piece of advice he would offer someone in a depressive state, Haig says, "Things change," and later adds: "Try and allow hope in, to realize that you will not stay in that place, that you will be a different person 10 years from now. Everything in your life will get better. Life is up and down but it will not stay the same. When you're feeling that pain, it's very important that you understand that."



HOW TO LIVE NO. 38

'Remember that the key thing about life on earth is change... Caterpillars become butterflies. Nights morph into days. Depression lifts.'

FROM REASONS TO STAY ALIVE



Author Matt Haig opens up about his depression in Reasons to Stay Alive. CONTRIBUTED

EXISTENCE RECONSIDERED

Life lessons extend beyond mental illness

"I don't wish depression on anyone, but from someone who's had depression, one of the ways of coming to terms with it is actually to be thankful for some of the stuff it gives you. It forces you to think about your existence in a different way," says Haig.

"It was just a natural thing of where depression led me, and also how depression can actually help people without depression — how there are life lessons which extend beyond the illness and how best to cope with it."

Greenpeace is urging all outdoor apparel companies to join its Detox My Fashion campaign that aims to quickly remove hazardous chemicals from the textiles industry. ISTOCK

ENVIRONMENTAL HAZARD

Most outdoor gear carries toxins: Study

Greenpeace said Monday that hazardous chemicals were "widely present" in a range of outdoor gear it tested, from clothing and footwear to backpacks, tents and sleeping bags.

The study showed toxic chemicals are "still widely present in products by brands such as Jack Wolfskin, The North Face, Patagonia, Mammut, Norrona and Salewa, especially in the production of footwear, trousers, sleeping bags and some jackets," said the report.

PFCs are used to add waterproof and dirt-repellent finishes to outdoor apparel, but are hazardous to the environment and human health, said the environmental activist group.

"Once released into the environment most PFCs break down very slowly. They can remain in the environment for many years after their release and are dispersed over the entire globe," the report said.

The pollutants have been found in secluded mountain lakes and snow, can accumulate in the livers of Arctic polar bears and be detected in human blood, the report said.

36 of 40

Greenpeace said out of 40 products tested, only four were free of per- and polyfluorinated chemicals (PFCs).

Greenpeace said studies had shown that some PFCs "can cause adverse impacts ... on the reproductive system and the immune system, as well as being potentially carcinogenic in animal tests".

The group said an independent laboratory had tested 11 jackets and eight trousers, seven pairs of shoes, eight backpacks, two tents, two sleeping bags, one climbing rope and one pair of gloves.

The four products that did not contain PFCs were jackets by Vaude and Jack Wolfskin, a backpack by Haglöfs and a pair of gloves by The North Face, said Greenpeace, adding that this showed it is possible to produce outdoor gear without PFCs. AFP

Yumee Chung demonstrates how to use the Yoga Tune Up Therapy Balls. COLE BURSTON/TORSTAR

Fight the strains of student life

SELF MASSAGE

Yoga balls can help ease tension in upper back

Has student life done a number on your back? If so, let me introduce you to your new best friends — they're portable and affordable self-massage tools called Yoga Tune Up Therapy Balls. These high-grip rubber balls will allow you to troubleshoot problem areas in real time while restoring circulation, mobility and ease to the body. (Lacrosse balls, tennis balls, soft balls and children's rubber balls work too.)

1. Place one ball on the right side of your upper back, where your backpack strap might rest. Use your body to sandwich the ball against a wall.

2. Walk the feet away from the baseboards and soften your knees until you come into a slouchy backbend. Relax into this zombie-like stance with arms hanging loosely by your sides and lower jaw released.

3. Use your legs to move your body up and to the right so the ball carves a route down to the space between your spine and right shoulder blade. Then rebend the knees to return to your starting point. The ball's trajectory will look roughly like the right half of a smile or a quarter circle.

4. Repeat as many times as you like before heading over to the other side. You've got permission to be a little imprecise with the action so the ball can wander to a variety of places on your upper back. Spend some time on any areas that require extra attention.

Pack a pair of balls in your book bag and turn your next study break into a budget-friendly spa vacation.

YUMEE CHUNG/TORSTAR NEWS SERVICE

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of a number of yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com

FEELS SO GOOD

Get hooked on 'rubber drugs'

Self massage not only diminishes pain and improves mobility, but it also helps your nervous system. This kind of self-care brings about a global relaxation response that shifts you from fight-or-flight mode to rest-and-digest. Jill Miller, the founder of Yoga Tune Up, calls these therapy balls rubber drugs. They're like a painkiller and a sedative rolled into one — without the negative side effects.

HEALTH BRIEF

Facebook friends aren't your 'real life' friends

People cannot have 1,000 real friends on Facebook.

Nor 500. In fact, anything over 200 starts seeming unlikely, an unusual study asserted on Wednesday.

Limitations on brain capacity and free time meant that humans can nurture no more than about 150 true friendships on social media, just as in real life, said a paper in the journal Royal Society Open Science.

The rest are acquaintances, or people recognized on sight. A theoretical limit of 150 friends has become known as "Dunbar's Number" after British evolutionary psychologist Robin Dunbar, who coined the term.

Dunbar believes we have on average five intimate friends, 15 best friends, 50 good friends, 150 friends, 500 acquaintances and 1,500 people we recognize on site.

"The 150-layer is the important one: this defines the people you have real reciprocated relationships with, those where you feel obligations and would willingly do favours," the scientist explained. AFP

NATURAL FAT BURNER

I LOST 38 POUNDS

using Chili Burn™

Ruth has gone from a size 12 to a size 6 and feels great! She actually got back into her wedding dress of 37 years ago, after taking Chili Burn!

"After having 5 children, I had a very hard time losing the extra pounds. I found myself constantly dressing to disguise my belly, staying away from tight clothes.

I read about Chili Burn in a magazine and decided to give it a try. After 6 months of taking Chili Burn, I lost 30 pounds and after 12 months I reached my ideal weight, losing 38 pounds in total. I am very happy with the results of this product and now recommend it to friends and family.

This product will suit anyone who would like to manage their weight with natural ingredients and be side effect free. I highly recommend it."

Ruth V, Ontario

NATURE'S FAT BURNER!

In nature we find ingredients that, when eaten, impact the amount of calories your body will burn in a day! Specific compounds in chili and green tea have this effect. Chili Burn™ uses these, as well as chromium, a known mineral that helps fat metabolism, to help you achieve your weight loss goals.

At participating pharmacies, health food stores and online. For more information, please visit our website or call 1-877-696-6734.

NEW NORDIC

ONLINE SHOP newnordic.ca

SHOPPERS DRUG MART | Loblaws | Superstore | Extra Foods | Walmart | Zehrs Markets | Rexall Pharma Plus | London Drugs | amazon.ca | metro

® / TM Trademarks of Loblaw Inc. Used with permission. All rights reserved. Loblaw Inc., its parent company or any of its franchisees and/or affiliates are not a sponsor of, nor affiliated with New Nordic. New Nordic recommends a healthy and active lifestyle in order to obtain the best results. To make sure this product is right for you, always read the label and follow the instructions.

Would you take placenta pills?

MOTHERHOOD

Critics worry about possible health risks of growing trend

Kim and Kourtney Kardashian have tried them. So have January Jones and Holly Madison. And in recent years, more and more new moms are popping capsules of dried, ground placenta.

It's a trend members of the medical community are noticing. Advocates tout the potential — albeit unproven — health benefits of the pills, from reduced rates of postpartum depression to a post-birth energy boost. At the same time, some health professionals are raising red flags about the possible health risks surrounding preparing and consuming the organ that nourishes a growing fetus.

The supplement-sized capsules are made from the woman's own placenta, which is expelled following the birth of her child. Moms who've tried the pills report an increase in milk supply and a sense of balanced hormones, says Meaghan Grant, co-owner of Toronto Family Doulas which is rolling out "placenta encapsulation" starting March 1.

Melanie Pereira, a 36-year-old mother of two from Mississauga, used the pills back in 2011 after the birth of her second child and sensed a boost in her emotion levels and milk production. "I felt amazing," she says.

While she knows it could be a placebo effect, Pereira thinks it's "wonderful" placenta pills have become more accessible to women in recent years, given the potential benefits.

But despite the growing popularity of placenta pills, none of the limited amount of scientific research available shows any benefits from the practice.

A 2015 Northwestern Medicine review of 10 published studies on placentophagy — as in, ingesting the placenta — didn't turn up any human or animal data to back up claims that consuming placenta in pill or other forms reduces postpartum depression, boosts energy or aids in the increased production of breast milk.

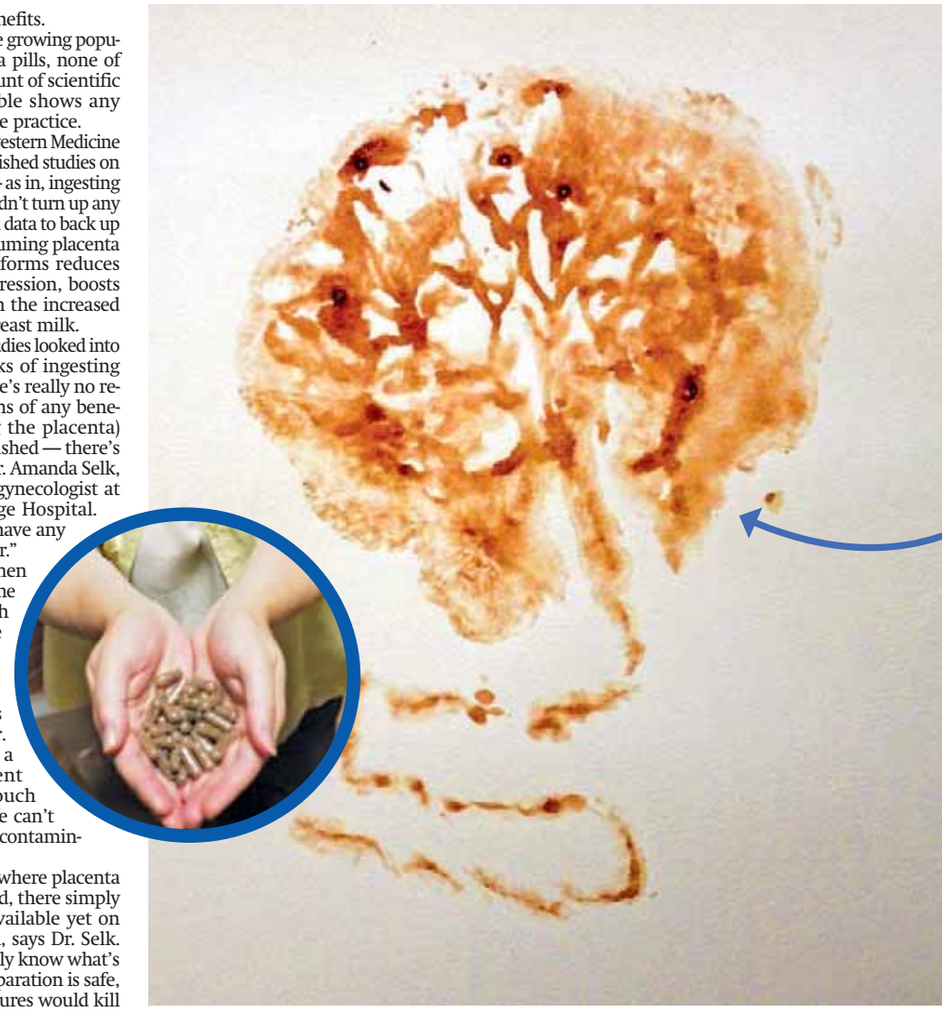
None of the studies looked into the possible risks of ingesting the organ. "There's really no research in humans of any benefit (of ingesting the placenta) that's been published — there's nothing," says Dr. Amanda Selk, an obstetrician-gynecologist at Women's College Hospital. "And we don't have any safety data either."

Selk says women should consider the limited research and possible risks.

"When you deliver, there are a lot of body fluids close together. You might have a bowel movement and it might touch the placenta. We can't promise it's not contaminated," she says.

Regardless of where placenta pills are prepared, there simply isn't research available yet on safe preparation, says Dr. Selk. "We don't actually know what's safe — what preparation is safe, if high temperatures would kill bacteria and viruses," Selk says.

TORSTAR NEWS SERVICE



Some new moms make art out of their placenta , while others choose to have pills made of it.

KELLY MASLEN/TORSTAR NEWS SERVICE; INSET: LUCAS OLENIUK/TORSTAR NEWS SERVICE

FAST FACTS

Are placenta pills vegetarian-friendly?
The placenta is a human organ but plenty of vegetarian and vegan moms make an exception when it comes to eating afterbirth. An exploration of vegan and vegetarian message boards reveals some women eat raw placenta, as one would a steak, or add it to a smoothie.

Parting with your placenta
Placenta encapsulation isn't the only way women make use of their placenta giving birth. Over the years, various options have emerged, allowing new moms creative ways to use this life-giving organ.

Afterbirth artwork
Some doulas offer a service where a fresh placenta is pressed against paper to create a blood-stained print, revealing the unique tree-like structure of the organ in an artistic keepsake.

Plant placenta
Some women keep their placenta and plant it in the ground — often as a ceremony after giving birth, or on their child's birthday — to provide nutrients for a newly-planted tree.

Turn it into a tincture
A placenta tincture service offered by certain doulas involves taking a piece of the raw placenta and steeping it in alcohol, creating a placenta infusion that's ingested by adding a dose with a dropper into water.

TORSTAR NEWS SERVICE

HEALTH BRIEFS

Woman starts website for hair pulling disorder
A Winnipeg woman has launched a website that hopes to offer help to thousands of people who have a little-known condition called Trichotillomania. Tenesha Lawson says the mental health condition causes people to pull hair out of their bodies. Lawson has lived with the condition since she was 11 years old. She didn't know what it was until she was diagnosed four years ago.

Psychologist Toby Rutner says it's considered a form of obsessive compulsive behaviour and can be triggered by stress. Lawson's website called "Dear Trich," serves as a place for people to share personal stories and support each other.

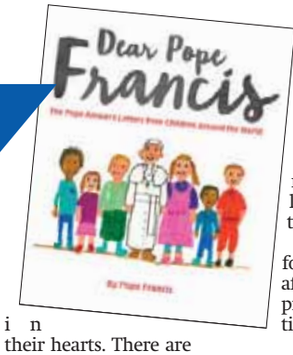
THE CANADIAN PRESS

NEW BOOK

Out of the mouth of babes: Pope answers kids' queries

"If you could do one miracle what would it be?" William, 7, from the U.S.

"I would heal children. I've never been able to understand why children suffer. It's a mystery to me. I don't have an explanation." Pope Francis



Dear Pope Francis, 10-year-old Mohammed begins, "Will the world be again as it was in the past?"

Signed "Respectfully yours," the boy wrote from a Jesuit-run school for refugee children in Syria and was treated to a long and personal answer from the pope himself. So were 29 other children who posed questions to Francis in letters from around the globe for a new book poignantly illustrated with their own artwork.

The book, Dear Pope Francis, is out March 1 from Loyola Press in Chicago. It's a project that likely wouldn't have materialized without the help of Father Antonio Spadaro, a Jesuit like the pope and the director of La Civilta Cattolica, a Roman Catholic journal published in Rome.

Tom McGrath of the Jesuit-founded publishing house co-edited the book with Spadaro after reaching out to the priest for help. Spadaro brought about 50 letters with questions to the pope so he could select 30. Spadaro sat with the pope as he responded to each. Francis often complimented the artwork of the children.

"He knows Pope Francis very well," McGrath said of Spadaro. "We tried to make it as easy for the pope as possible."

The pope's response to Mohammed spoke in part of suffering and the people who inflict it:

"There are those who manufacture weapons so that people fight each other and wage war. There are people who have hate in their hearts. There are people who are interested only in money and would sell everything for it. They would even sell other people," he wrote.

More to Mohammed's point, Francis answered: "No, when the time comes, the world will not be as it was. It will be far better than it was in the past."

Once the pope agreed to participate in the project, Loyola reached out to priests and lay people around the world to connect the publisher with children to write the letters.

The 30 kids in the book range in age from 6 to 13. "He loved the project right from the beginning," McGrath said.

"He has this great affection for children, who have a great affection for him. He was surprised at the depth of the questions."

There was no condensing or editing of the pope's responses. In a 90-minute session with Spadaro last August in Rome, Francis responded verbally in a mixture of Italian and Spanish. Spadaro served as transcriber in addition to connecting Loyola Press with the Vatican.

THE ASSOCIATED PRESS

SUNDANCE

Southside With You imagines the Obamas' first date

It's the sweet, romantic story of a first date — albeit the fictionalized first date of the couple who currently occupy the White House. Southside With You, the feature film based on Barack Obama and Michelle Robinson's first date, debuted Sunday to a packed house at the Sundance Film Festival.

The movie tells the story of a single day in 1989 — the first day that summer associate, Harvard student Obama (Parker Sawyers), spent with his adviser, Robinson (Tika Sumpter), a second-year associate with a Chicago corporate law firm. He believes he's on a date. She believes she's spending the day with a professional colleague. By the end of a day that moves from The Art Institute of Chicago to a picnic lunch to a community organizing meeting, sharing beers and the then-newly released Spike Lee film Do the Right Thing, they're both on the same page.

Sawyer's portrayal of Obama brings to the screen the unmistakable cadence and quick smile of the man who would become president. Sumpter shows a young Michelle as confident and determined, caring and kind.

Tika Sumpter as Michelle Robinson and Parker Sawyers as Barack Obama in Southside With You, directed by Tanne.

Director and screenwriter Richard Tanne says though the movie is fictionalized, he researched what actually happened on the date from news articles and books. He filled in the conversation — "there wasn't a note-taker on the date."

Sumpter, who also co-produced the film, said her aim was simple: "Ultimately, I wanted to see someone who looked like me falling in love up there and I think everybody can relate to that. ... It's not Republican, Democrat or anything else. It's just a love story."

Sumpter said she was intrigued by the concept of the film when she saw the synopsis.

"Just the perspective — not seeing these two as we see them now, but from before. ... It started because I was just inspired by the love story ... and I wanted to see that kind of love up there. It's not the normal rom-com. It's real conversations of what might have been said," she said.

The Obamas haven't yet seen the film, but Tanne said he's heard that they're aware of it.

"They're excited and they're also a little baffled by its existence," he said.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Grains of truth in politics of police work

THE SHOW: Bosch, Season 1, Episode 6 (Crave)
THE MOMENT: The Car Meeting

Bosch based on novels by a crime reporter. CONTRIBUTED

Los Angeles, night. One black SUV rolls up to another on a garage roof. Smoked windows roll down.

"Mr. District Attorney, thanks for coming," says Deputy Police Chief Irvin Irving (Lance Reddick).

"I don't have much time," replies the DA, Rick O'Shea (Steven Culp), flexing his power.

"The DA and LAPD trading punches on the news — it undermines public confidence," Irving says. "Which is why I've refrained from releasing my copy of the video."

The cockiness drains from O'Shea's face. That video shows him screwing up. He didn't know Irving had it. "What do you want?" he asks.

"My endorsement of your mayoral campaign would go a long way in the black community," Irving says.

"It's crucial that our next police chief be a native Angelino who's risen through the ranks," O'Shea offers, describing Irving. Irving nods. They've reached an understanding. Windows roll up.

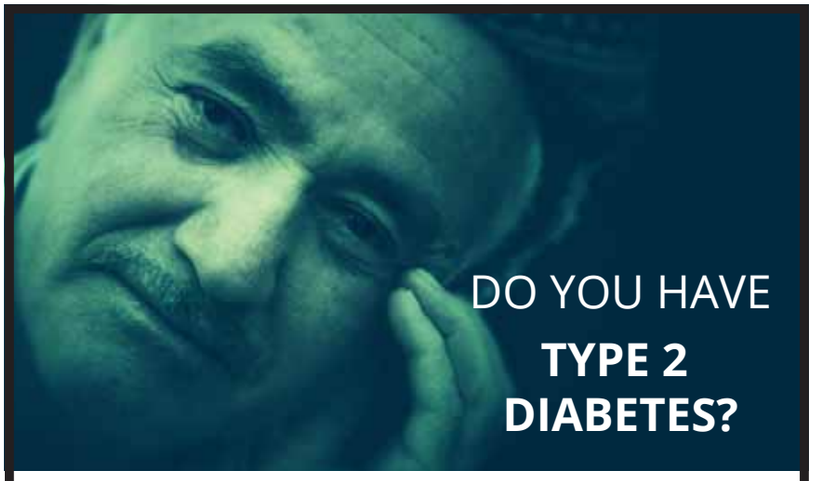
"He'll f— you if he can," Irving's driver warns.

"No doubt," Irving replies.

I love TV shows that are based on journalism — The Wire, Treme — because sprinkled through the plots are facts to learn, moments of truth. Bosch is one of those. Michael Connelly, who wrote the source novels, was a crime reporter, and he keeps an arm on the creative tiller. (He personally chose Titus Welliver to play his title character, the rule-bending detective Harry Bosch.)

Bosch feels especially factual on the politics of police work, the relationship between catching criminals and elections. Harry doesn't play that game. So we never run out of tension. Or information.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



LMC Research is looking for individuals with Type 2 Diabetes who are taking Metformin ONLY or Metformin plus ONE additional diabetes medication to participate in a clinical research study for up to 6 months using an investigational medication.

If you are interested in participating, please call 1-866-701-3636 or visit www.improvinghealth.ca

LMC DIABETES & ENDOCRINOLOGY

We are looking for POST-MENOPAUSAL FEMALES for an upcoming study

If you are a post menopausal female, 40 - 65 years of age, non - smoking and free of daily medications, you may be eligible.

Lambda Therapeutic Research Inc.
Participants are compensated for their time.
Compensation is up to $6,000
for completing the entire study
(disbursed throughout the study)

REFER A FRIEND AND YOU MAY RECEIVE $100

LAMBDA
Lambda Therapeutic Research

Study #781-15
One short session with several return visits

	Check-in	Exit
Group 1	April 22, 2016	April 24, 2016
Group 2	April 30, 2016	May 2, 2016
Group 3	May 6, 2016	May 8, 2016
Group 4	May 14, 2016	May 16, 2016

FOR MORE INFORMATION
416-752-3333 Toll Free: 1-866-207-3333 Mon-Fri: 9am-5pm
www.lambdacanada-cro.com www.todaysresearch.com
Location: 460 Comstock Road, Toronto, M1L 4S4

metro SPORTS

Canada's Jamal Murray was named SEC freshman of the week after averaging 18.5 points and seven rebounds in a pair of Kentucky wins

Backhand compliments

AUSTRALIAN OPEN

Raonic no longer a servant to the power game

Milos Raonic has always turned heads with his big serve. Now that he's improved his play at the net, the Canadian tennis star is even more dangerous.

Raonic advanced to the quarter-finals of the Australian Open for the second straight year, defeating 2014 champion Stan Wawrinka 6-4, 6-3, 5-7, 4-6, 6-3 Monday in a marathon match lasting three hours, 44 minutes.

The 13th seed from Thornhill improved to 8-0 this season and downed a former Australian Open champion for a second time. He tuned up for the year's first Grand Slam by defeating 17-time Grand Slam champion Roger Federer in the final of the Brisbane Open.

Raonic attributes his success this season to his improved volleying.

"I think it's what helped me win in Brisbane," he said. "It's what helped me win my first three matches here, is that comfort and confidence of going forward.

"But not even just that. In the off-season I spent a lot of time up at the net. So it's not just about confidence, it's about an understanding of what I need to do, where you go in certain situations, how not only to finish the points, how to defend a little bit better at the net and how to cover and move better to make the opponent think."

Raonic said he had a lot of time to analyze and tweak his game while dealing with a series of frustrating injuries last season.

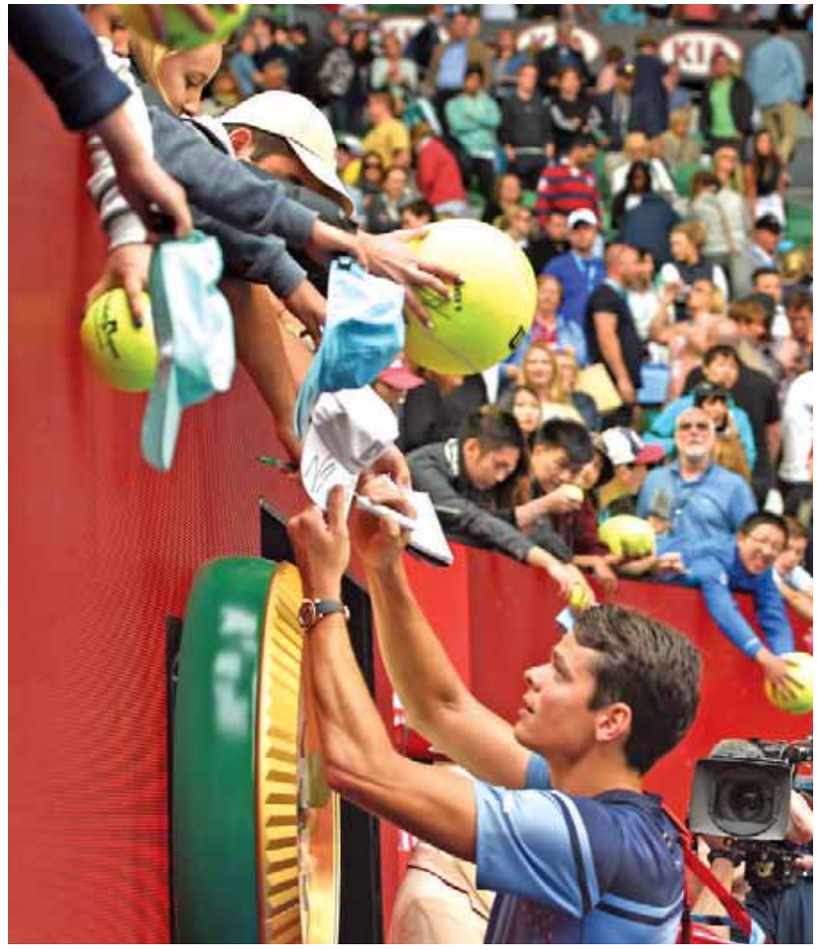
Raonic, who lost to the fourth-seeded Wawrinka in their four previous meetings, improved to 18-5 in Melbourne and 47-19 at Grand Slams.

Raonic was cruising with a lead of two sets to love when his game suddenly derailed. Wawrinka stormed back to win the third and fourth sets but Raonic was able to close it out in the fifth, finishing the match with 24 aces, 82 winners and five breaks of serve.

"Do I wish I was more like somebody else? No."
Milos Raonic

"I'm very happy with the way I played, the way I competed, the way I turned things around after having the momentum against me going into the fifth" he said. "At the same time, as happy as I am, my mind's already on what's the process for my next challenge. I'm always looking for ways to get better."

Raonic next faces Gael Monfils, the Frenchman who beat Russian Andrey Kuznetsov 7-5, 3-6, 6-3, 7-6 (4). THE CANADIAN PRESS



Milos Raonic meets his growing fan base following his victory against Stan Wawrinka.
SAEED KHAN/AFP/GETTY IMAGES

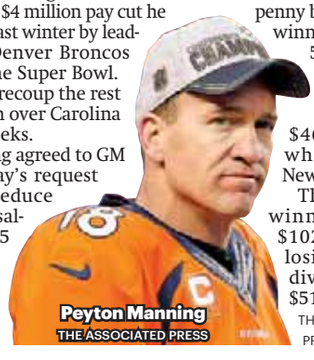
DENVER

Manning $2M richer

Peyton Manning earned back half of the $4 million pay cut he accepted last winter by leading the Denver Broncos back to the Super Bowl.

He can recoup the rest with a win over Carolina in two weeks.

Manning agreed to GM John Elway's request that he reduce his 2015 salary to $15 million. But he did so with the caveat that he could earn back every penny by getting to and winning Super Bowl 50.



Peyton Manning
THE ASSOCIATED PRESS

Each member of the Broncos earned $46,000 Sunday when they beat New England 20-18.

The Super Bowl winners each get $102,000 and the losing team's individual share is $51,000. THE ASSOCIATED PRESS

IN BRIEF

MLB clears Yu Darvish of any wrongdoing

A person familiar with the investigation says Major League Baseball has determined that Texas Rangers pitcher Yu Darvish had no role in any of the activities that led to the arrest of his brother in Japan for allegedly running an illegal gambling ring. MLB was looking into the October arrest of Sho Darvish as part of standard protocol and not investigating the pitcher, the source said Monday. THE ASSOCIATED PRESS

CAROLINA

Broken arm, still Super Bowl-bound

All-Pro linebacker Thomas Davis had surgery Monday morning on his broken right forearm, but is expected to play in the Super Bowl on Feb. 7.

Head coach Ron Rivera said the 11-year NFL veteran may need to wear a brace on his arm similar to the one worn by New England Patriots tight end Rob Gronkowski.

Davis broke his arm in the second quarter of Carolina's 49-15 win over the Arizona Cardinals on Sunday in the NFC championship. Davis said after the game he fully expected to play in the Super Bowl in about two weeks.

"If everything goes well it is something he can mostly certainly play with."
Head coach Ron Rivera

THE ASSOCIATED PRESS

IN BRIEF

Graham James granted day parole in Quebec

Graham James, the disgraced former junior hockey coach who sexually abused several players under his watch more than two decades ago, was granted day parole Monday.

James, 62, appeared before the National Parole Board at a federal prison in Laval, Que., where the ruling was handed down after a four-hour hearing.

Graham James
THE CANADIAN PRESS FILE

He is currently serving a seven-year sentence for sexually assaulting players he coached in the late 1980s and early '90s with the Swift Current Broncos of the Western Hockey League.

James, who was seeking full parole, has been convicted of sexually assaulting six of his former players hundreds of times during that period. THE CANADIAN PRESS

Suspicious betting linked to mixed doubles match

Players involved in a mixed doubles match at the Australian Open said Monday they were interviewed by the Tennis Integrity Unit after a newspaper reported it had attracted suspicious betting patterns.

According to The New York Times report, the gambling website Pinnacle Sports said it had received an unusual spike in bets for Lukasz Kubot and Andrea Hlavackova to beat David Marrero and Lara Arruabarrena, causing it to suspend betting before the teams played on Sunday.

All players identified in the newspaper report rejected any possibility of fixing in the match, which was won by Kubot and Hlavackova 6-0, 6-3.

Kubot said Monday "we give 100 per cent of that match" and he believed his opponents "were trying 100 per cent." THE ASSOCIATED PRESS

Vanney keen to top last year's playoff flop

MLS

Investment in leaky defence may help TFC's title challenge

With a fitter, deeper and more experienced roster, Toronto FC head coach Greg Vanney likes what sees at the start of training camp.

That's good, because expectations are again high for the MLS team with the Prada of payrolls.

"We have to see ourselves as going farther in the playoffs and we have to position ourselves as contenders for a championship," Vanney told reporters Monday. "But everybody says that at Day 1 in pre-season."

"A lot of things have to happen but we have a team that can compete and if all things go our way, then we hope to be there in the very end," he added. "But we've got a quality team."

Italian striker Sebastian Giovinco (right) and teammates attend training camp. NEIL DAVIDSON/THE CANADIAN PRESS

Toronto (15-15-4) just made the playoffs last season, exiting quickly in a 3-0 drubbing at the hands of the Montreal Impact. Fans expected more. Entering its 10th season, Toronto's all-time regular-season record is 77-135-78. Its playoff record is 0-1-0. Management seems to have ticked off the appropriate boxes, particularly on defence where Toronto gave up a league-worst 58 goals last season. The acquisitions of goalkeeper Clint Irwin, centre back Drew Moor, right back Steven Beitashour and Canadian midfielder Will Johnson should reinforce the defence.

$10M

Seb Giovinco's 2105 salary of $7,115,555 US translates into $10,161,275 Canadian.

All four are expected to start, adding 700-plus MLS regular-season games to the club's bank of experience. And as former club captains, Moor and Johnson will add to the team's leadership.

Vanney has not shown his hand on the team's formation. But he did suggest that there will be more "clarity" to his players' roles. While Sebastian Giovinco had an MVP year in 2015, the team did not succeed entirely in integrating Jozy Altidore into the attack. Sidelined by U.S. national team duty and injury, Altidore returned to find the pint-sized Italian running the show.

"The key there is to connect those two," Vanney said.

TFC opens March 6 at the New York Red Bulls. The club will play its first eight games on the road due to stadium renovations before opening at BMO Field on May 7 against the Houston Dynamo. THE CANADIAN PRESS

IN BRIEF

Avalanche goalie Varlamov first star of the week

Colorado Avalanche goaltender Semyon Varlamov is the NHL first star of the week.

Varlamov posted a 4-0-0 record with a 0.99 goals-against average and .972 save percentage to lift the Avalanche into the first wild card spot in the Western Conference. He made 30 or more saves in three of his four starts.

Varlamov has powered the Avalanche's playoff push, posing a 13-4-2 record over his past 19 games.

New Jersey right-wing Lee Stempniak is the second star after scoring four goals in the Devils' three wins last week.

Semyon Varlamov GETTY IMAGES

St. Louis goaltender Brian Elliott went 2-1-1 with a 1.48 goals-against average and .955 save percentage to take third-star honours. THE CANADIAN PRESS

Heavyweight champ Werdum pulls out of UFC 196

Heavyweight champion Fabricio Werdum says he is pulling out of his title fight at UFC 196 on Feb. 6.

Werdum announced his decision Monday, one day after Cain Velasquez pulled out as Werdum's opponent at the MGM Grand Garden Arena in Las Vegas.

The injured Velasquez was swiftly replaced by Stipe Miocic. After a day to think about it, Werdum decided he couldn't continue to fight through his own injuries while formulating a game plan against a new opponent.

The UFC didn't immediately confirm a change or announce a replacement fight for the main event of its traditional Super Bowl weekend show.

"I was already injured," Werdum told MMAFighting.com. "I have a foot injury and haven't been able to throw kicks in training for two weeks. I would still fight Cain because I was injured the last time, but I also hurt my back last Friday." THE ASSOCIATED PRESS

FINANCIAL

OVERWHELMED BY DEBT?
CALL THE Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com

CALL ERIKA
(LICENSED DEBT EXPERT)
STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

TOO MANY BILLS...
...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling
416-740-5400
Toronto • Rexdale
Etobicoke • North York
Don Mills • Bloor West
Scarborough
KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com
FREE CONSULTATIONS
EVENING APPOINTMENTS
FLEXIBLE PAYMENTS
Head Office: Rexdale, others non-resident

DEBT RELIEF
Are you drowning in debts?
I can help you...
- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor
Free Consultation: 416.455.7709
Evenings and weekends appointment also available
Rumanek & Co. Ltd. Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements: Head Office in North York, ON. Offices in Scarborough & Mississauga.

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-913-9593
WWW.HOMELANDMORTGAGE.ORG
License # 11991

EDUCATION

BECOME AN
IMMIGRATION CONSULTANT
(ICCRC ACCREDITED)
647.691.0899
AOLTORONTO.COM
Financial Assistance May Be Available To Those Who Qualify
The Academy of Learning Career & Business College (Bay/ Bloor) is registered under the PCC act 2005 and operated by 1069195 Ontario INC.

EMPLOYMENT

Mannarich Food INC
Business Development Position.
Mannarich Food Inc.
In Markham
Multilingual needed.
Starts ASAP.
Apply at info@mannarich.com

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

LOWEST RATES for bad credit loans since1984
What would you do with $20,000?
PFS
✓ College Tuition?
✓ Home Renovation?
✓ Wedding?
✓ Travel?
You decide.
Paid off car 6 years or newer?
Borrow up to $20,000 the same day!
416-634-2013 *Call for details and conditions
BorrowWithYourCar.com A division of Prudent Financial Services

PSYCHIC

INDIAN ASTROLOGER & PSYCHIC

Pandit: RAM NARAYAN
Most Experienced Fortune Teller
Specialist in Bringing Back Loved ones
Solves Problems: Marriage, Love, Depression, Family, Husband-Wife, , Kids,Court, Sexual, Money,Enemy etc
Excellent Master in Removing Black Magic & Gives 100% Protection
647-248-7576
1620 Albion Rd Etobicoke Near SUNNY FOOD MART
FINCH & ALBION

World Famous Astrologer & Psychic
Pandit: RAVI SHASTRI (Jane & Wilson)
ALL RELIGIONS WELCOMED
Tells Past, Present & Future.
He can Handle any Problem:
Depression, Family, Husband-Wife, Love, Kids, Jealousy,
Health, Money, Court, Enemy etc
REMOVES BLACK MAGIC, JADOO, VODOO, OBEYA & GIVES 100% PROTECTION
BRINGS LOVED ONES BACK 1 FREE QUESTION
647-969-7846
2962 Danforth Ave, #2, TorontoNearby METRO 24hrs (Victoria & Danforth)
2131 Jane Street,#104, Toronto, Upstairs Jagadish Textiles (Jane & Wilson)

Kerr's
Kerr's Candy is hiring!
• Food Processors • Machine Operators • Packaging Technicians • Industrial Mechanics
All shifts available.
To apply, e-mail your resume to hr@kerrs.com

Place your Recruitment Ad with Us!
To place your recruitment ad with us please email Graham Goddard at graham.goddard@metromediasales.com
metro

Become a Medical Lab Technician In Months!

Financial Assistance May Be Available to Those Who Qualify
ANDERSON COLLEGE OF HEALTH, BUSINESS AND TECHNOLOGY
YOUR TRAINING. YOUR CAREER. YOUR FUTURE.
Downtown: 647.691.0936
North York: 647.360.7198
ANDERSONCOLLEGE.COM
Anderson College of Health, Business and Technology is Registered as a Private Career College under the Private Career Colleges Act, 2005 and is operated by Robotech Institute Inc. Not all programs are available at each location.

RECIPE Black Bean Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Who says vegetarian dinners have to be virtuous? Not us. You won't miss the beef in these zesty, hearty veggie burgers.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 4

Ingredients
- 2 x 14 oz cans of black beans, rinsed
- 1 egg
- 1/4 cup of panko or regular bread crumbs
- 2 tsp cumin
- 1 tsp dried oregano
- 1/4 tsp cayenne
- 1/4 cup fresh cilantro
- 3 Tbsp oil

Directions

1. Place 1 can of beans, panko, cumin, oregano, cayenne and egg into a blender. Pulse it together until it forms a goopy paste.

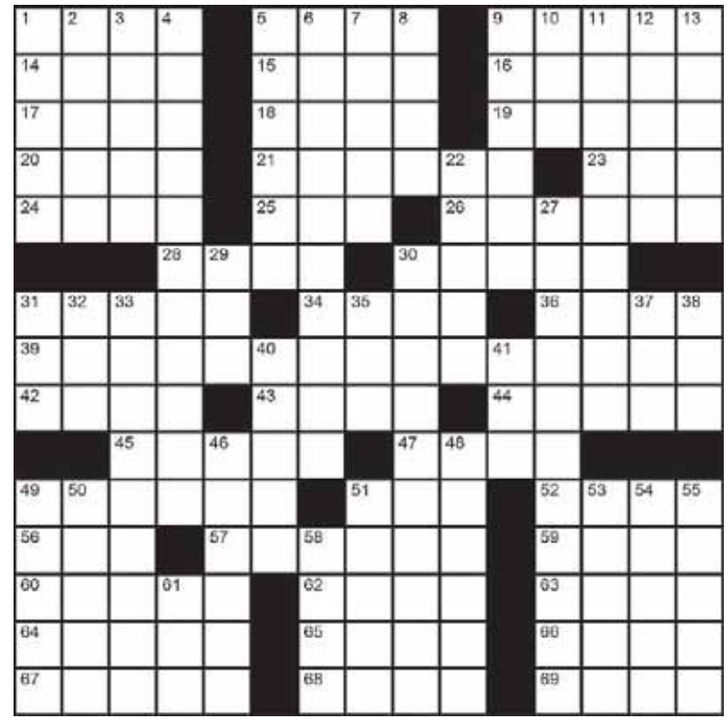
2. Empty the blender contents into a bowl. Stir in the other can of beans and the cilantro. Use your hands to form into patties. Don't make them too big or you'll have hard time with flipping.

3. Heat oil in a pan to medium then gently place patties in. Cook for 5 minutes — without touching! — then carefully flip with a thin, flexible spatula. Cook for another 5 minutes on the other side. Serve on a bun with your favourite toppings, like tomato, avocado, lettuce, salsa, spicy mayo.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Requiring-directions reason
5. __ notes (Quiz-taker's no-no)
9. Aspect
14. Stagnate
15. Comedian Jay
16. Earthy hue
17. Not ever, in verse
18. Klutzes
19. Rule on the throne
20. Achiever
21. Horror movie franchise starring Neve Campbell
23. Negative word
24. __-inflammatory
25. 7th Greek letter
26. Football legend Joe who was a New York Jets quarterback
28. Ms. Spelling
30. Air Canada employee
31. Peggy __, "Mad Men" role
34. Depilatory brand
36. Forsaken
39. Canadian __ __ (Train company)
42. Petri dish gel
43. Mr. Redding
44. Faultfinder
45. Style, as per music or movies
47. Banff National Park animals
49. Adjust ahead of time
51. Health resort
52. Smashes
56. "I don't get it."
57. Beat
59. Grand
60. Denigrate
62. Hang over
63. Vogue's Ms. Wintour
64. Mount of the Bible
65. Coastal bird, variantly
66. Put a 'roof' on a room
67. Concluded
68. Olde-style reward
69. Door fastener

DOWN
1. Ms. Ronstadt
2. Ancient theatre
3. Winter weather woe
4. NWT's equivalent in French is TNO which means: __ du Nord-Ouest
5. Nearer
6. Make an expired membership usuable again
7. Prefix with 'red'
8. Music systems company as seen on The Shopping Channel
9. Posh party
10. Card deck symbol
11. Historic neighbourhood of Vancouver
12. Farm grain problem
13. Wedding anniversary for tin
22. Rita's role in "West Side Story" (1961)
27. Coffee hangout on "The Beachcombers": 2 wds.
29. "Thou, too, sail __, _ Ship of State!" - Longfellow
30. Name of Nick Adonidas' log salvaging boat on the show at #27-Down
31. __ _ whim
32. Fall behind
33. Theatrical gig
35. Mr. Roth
37. Movie star, Aishwarya __
38. Big Apple
40. __ Bay, Ontario
41. "Eeew!"
46. Sea nymph in Greek mythology
48. Hightailed it
49. Chapter of sorts
50. Apply, as skin moisturizer: 2 wds.
51. The Comedy __ (Stand-up venue in Los Angeles)
53. Sleep problem
54. Subcompacts
55. Illegally sell concert tickets
58. Cosmology stuff in space
61. Freelancer's encl.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The critics may say you've been lucky, and maybe you have, but luck is only part of the story — you do in fact deserve your success. Now do something with what you've got, not just for yourself but for others too.

Taurus April 21 - May 21
Put a name to your desires. What is it that drives you? What is it that you want most out of life. Once you have decided that the next step is easy: go out and get it.

Gemini May 22 - June 21
If you're not planning a trip then you should be. Cosmic activity in the area of your chart that governs long-distance travel will inspire you to expand your horizons.

Cancer June 22 - July 23
A problem you have tried to deal with by pretending it does not exist will come back at you again today. Be prepared to do whatever it takes to change your life for the better.

Leo July 24 - Aug. 23
Honesty is essential, even if it means you have to say something that might hurt a loved one's feelings. You have a reputation for calling it as you see it, give it to them straight.

Virgo Aug. 24 - Sept. 23
You are right to be proud of what you have achieved, so let the world know what you have done and let people in positions of authority know you intend to do even more in the future. Spread the word.

Libra Sept. 24 - Oct. 23
The Sun in Aquarius is sure to bring something good your way. Also, this is one of the best times of the year to start something new!

Scorpio Oct. 24 - Nov. 22
You need to put a family squabble behind you and begin a new chapter of domestic harmony. You cannot change the past but you can change your attitude towards it, so forgive, forget and move on — together.

Sagittarius Nov. 23 - Dec. 21
Information that arrives out of the blue will help you make sense of something that previously baffled you. It will also help you distinguish between those who are on your side and those who only pretend to be.

Capricorn Dec. 22 - Jan. 20
Now is the time to fix your financial situation. Cosmic activity in the main money area of your chart will help you make changes that, while painful in the short-term, will yield rewards in the long-term.

Aquarius Jan. 21 - Feb. 19
There is no need to worry and there is no need to hurry. The Sun in your birth sign promises wonderful things — all you have to do is sit back.

Pisces Feb. 20 - March 20
If you want something enough you will find a way to get it. Nothing is impossible. If your desire is strong enough you can make it happen. Dare to dream — and dare to believe that dreams really do come true.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		9			7			3
	6	1						
	5		8				1	
7	2	5		9		1		
		6				7		
		3		5		6	9	4
	1				4		8	
						9	7	
6			1			2		

©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

FAMOUS INDIAN ASTROLOGER
Pandit: RADHA KRISHNA
CERTIFIED INDIAN ASTROLOGER
Removes Black Magic,Jadoo & Gives 100% Protection
TAKE RIGHT DECISION AT RIGHT TIME
NOBODY CAN BREAK MY PROTECTION
SOLVES PROBLEMS LIKE FAMILY, CHILDREN, HUSBAND-WIFE, WORK HEALTH, DEPRESSION, COURT ETC
647-308-5045
585 Middlefield Rd, #4 Scarborough M1V 4Y5
Next to DATTA FOOD,MIDDLEFIELD & FINCH)

Sri Siva Kali Astrologer
Pandit: KANNA GURUJI
Solves all Problems
Love * Marriage * Kids
Education * Business* Job
Money * Health * Sexual
Family Prob * Enemy*Court
100% Removal of Black Magic, Jadoo, Vodoo, Obeya, Bad Luck, Jealousy, Witchcraft etc
1 Free Question
647-718-4662
657 Markham Rd Scarborough
M1H 2A4 (MARKHAM & LAWRENCE)

Astrologer & Psychic -Pandit DEVADAS
Are you Suffering from Problems:
Love, Marriage, Kids, Education, Job, Money, Health, Sexual Etc
GIVE ME ONE CHANCE & SEE YOUR LIFE PROGRESSING
HE CAN HANDLE ANY KIND OF PROBLEMS, QUICK RESULTS
He is very Special in Removing Black Magic, Bad Luck, Jadoo, Vodoo through Performing Poojas, & Gives 100% Protection
647-709-3459, 647-741-9097
5210 Finch Ave E, #1, Scarborough M1S 4Z6
(MIDDLEFIELD & FINCH, INSIDE GOLDEN BAKERY)

World Spiritual Astrologer & Psychic
Master: HARI KRISHNA 9th GENERATION PSYCHIC
NOBODY CAN BREAK MY PROTECTION, ITS MY CHALLENGE
Tells Past, Present & Future.
Health, Happiness, Love,Work
Family, Husband-Wife,Children
Jealousy, Money, Court, Sexual
Enemy, Lottery & Good Luck etc
SPECIAL: I WILL REJOIN LOVERS IN 9 DAYS
REMOVES BLACK MAGIC, JADOO, WITCHCRAFT, EVIL SPIRITS & PROVIDES LIFELONG PROTECTION
647-299-7352
416-276-6233
2519 Finch Ave W, North York
M9M 2G1 (FINCH & MILVAN)
Major Intersection - FINCH & WESTON

On January 27

set your

to talk

text

tweet

January 27 is Bell Let's Talk Day. For every text, mobile or long distance call made by a subscriber*, and tweet using #BellLetsTalk, Bell will donate 5¢ more to mental health initiatives across the country.

#BellLetsTalk

Serena Ryder

Bell Let's Talk

bell.ca/letstalk

*Regular long distance and text message charges apply.